



MODULE ONE

Slow Down

Class Two: Becoming Present & Creating Space



**“IF WE MISS THE MOMENT,
WE MISS THE CLUES. IN THE
PRESENT, WHEN WE ALLOW
OURSELVES TO FULLY LIVE
THERE, WE ARE RESTORED,
MADE WISER, MADE DEEPER,
MADE HAPPIER.”**

Marianne Williamson



WELCOME TO MODULE ONE, CLASS TWO.

Becoming Present & Creating Space.

In this class we will cover:

- + The power of presence and the importance of bringing your awareness into the here and now.
- + Why we avoid being in the moment and find this practice so difficult.
- + A step by step process for dropping into the present.
- + 3 key patterns that commonly take you out of the moment and how these may be playing out for you.
- + What it means to create and hold inner space.
- + How to create space in your life, even if you are super busy.
- + Practices to help you be present and create space this week.

HOW TO USE THIS WORKBOOK

This workbook is full of questions that will help you dive deeper into the principles shared in the video class. They will help you create new levels of self-awareness, make new discoveries about yourself, work through inner blocks and find clarity.

If some questions create resistance, or you feel blocked, it is ok to leave them and return to them later. However, I would also encourage you to lean into any discomfort that arises and become curious as to why it is there for you. It could be that the question has triggered or challenged you in some way and that is worth exploring further.

Approach these workbooks with an open mind and a willingness to think about yourself in ways you haven't before. I encourage you to enjoy this journey of self-discovery, even if at some points it may be a little challenging.

Awareness is the first step to creating change, so get excited about anything you discover, as this is the beginning point for transformation.





SLOW DOWN

Think about a time where you remember feeling deeply present and totally lost in a moment or experience. Describe this experience below. What was it about this experience that made you become so present?

How did it feel to be so present and so lost in the moment. Which of your senses were most activated?



SLOW DOWN

Listen to the guided exercise in the Video Class. What did you notice or experience? Which senses helped you drop into the present the most?

Did you have any difficulty becoming present? If so, what thoughts in your mind pulled you out? Or what discomfort arose in your body?



What aspect of your future does your mind get lost in or worry about the most?

Are there any action steps you have been avoiding taking around this situation? Are there any that you can take now to help ease your worry?



What parts of this situation are outside your control? Where do you need to let go and practise surrender and trust?

How can you support yourself to come back to the present moment and feel a deeper sense of trust and calm when these future worries occur?



What is still consuming space and looping in your mind from the past?

What feels unresolved around this? What emotion still gets triggered?



Who do you need to forgive? Who or what do you need to let go of?

What lesson do you still need to learn or integrate from this experience?



When did you last experience a strong emotional reaction, where your mind and body felt consumed by loud thoughts or intense feelings? Describe what happened.

Next time this reaction (or something similar) occurs, practice holding space for your emotion. Take a few deep breaths into what you feel, allow the emotion to be there and spend a few minutes holding space for yourself to have your reaction. What do you notice?



List 1-3 things that you could (or would like to) say no to, that would create more space for you, and what is important to you.

List 1-3 things that you want to let go of or stop giving time and energy to, that would create more space for you, and what is important to you.

PRACTICES TO WORK WITH THIS WEEK:

- + **Use Presence as a mantra:** Use the words *Be Present* or *Just Be Here* as your mantra. Repeat these words to yourself to help you return to the present moment when you get lost.
- + **Your 5 senses:** Use your senses as tools to come back to the present moment. Come out of your mind, by paying attention to what is happening in this moment by focusing on what you see, hear, smell, taste and feel.
- + **Connect with your body:** Drop deeper into your body and its sensations by using touch, massage or movement to more fully experience the present moment.
- + **Settle your gaze:** When your mind feels frazzled, focus your eyes on one point and hold your gaze on what you see until your mind begins to calm. Choose an unmoving object that will allow your focus and energy to settle.
- + **Use candle gazing:** Similarly, you can focus your eyes on a candle flame as part of your morning or meditation practice. Sitting with a candle and holding your eyes on the flame is an incredibly calming and soothing tool for the nervous system.
- + **Practise being present:** Use a simple activity like cooking dinner, your daily commute, washing the dishes, having a shower, folding laundry or eating your lunch as an opportunity to practise presence. Focus on the task at hand and see if you can become fully present to what you're doing.
- + **Catch when your mind pulls you into the past or future:** Begin to become aware of how your mind pulls you out of the present moment. Notice what worries or thoughts about the future you get lost in or which memories, feelings or thoughts of the past continue to consume you.
- + **Start creating space:** Look for opportunities to say no or let something go that is taking up space, but is not making you feel happy and nourished. Focus on creating more space for yourself this week and notice what you will need to say no to, or release in order to do that.



SLOW DOWN

Which practices from today's class would you like to integrate or focus on this week?

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CONGRATULATIONS!
**YOU HAVE COMPLETED
MODULE ONE - CLASS TWO.**

SHARE YOUR EXPERIENCES:

Come on over to our
Facebook community and
share about your insights,
realisations, learning or
practices from this week.



